



**HOLIDAY TREE
LIGHTING
CEREMONY**
DEC. 2
6-8 p.m.
at the
garrison
flagpole

232nd Medical Battalion Soldiers become American citizens

Story and photos by Esther Garcia
FSH Public Affairs Office

Twelve Soldiers assigned to the 232nd Medical Battalion became United States citizens during a naturalization ceremony Nov. 20 at the Army Medical Department Museum auditorium.

Once the oath of citizenship was administered by Honorable John Primomo, U.S. Magistrate Judge, Families, friends and co-workers joined the new citizens in reciting the Pledge of Allegiance.

"This is an absolutely special day for twelve of our Army Medical Department Soldiers, as these men and women from vari-



Soldiers assigned to the 232nd Medical Battalion hold U.S. flags after taking the U.S. Oath of Allegiance during a naturalization ceremony Nov. 20 at the Army Medical Department Museum auditorium.

See **NATURALIZATION P12**

Lost Heroes Art Quilt remembers fallen heroes

Story and photos by
Minnie Jones
Fort Sam Houston Public
Affairs Office

The Lost Heroes Art Quilt pays homage to Fort Sam Houston by making the Warrior and Family Support Center one of its stops Nov. 19 on its journey across America.

Quilts have been around for centuries. It is a tradition in many cultures, where scraps of cloth become works of art, as well as tell a story or record history.

Quilt creator, artist Julie Feingold designed the quilt to tell a story of

See **QUILT P5**



A photo of 1st Lt. Thomas Martin, as a child, represents South Dakota where he was born. He is one of 50 service members in the quilt representing each state in the U.S. Martin was 27 years old when he was killed in combat near Busayifi, Iraq, Oct. 14 2007.



Lt. Col. Margery Hanfelt, senior laboratory trainer, Department of Veterinary Science answers a question for Sgt. Travis Reed during the Surveillance Food Laboratory Manager Course Nov. 20.

Department of Veterinary Science begins surveillance food laboratory manager's course

Story and photos by Lori Newman
Fort Sam Houston Public Affairs

The Department of Veterinary Science, in conjunction with the Department of Defense Veterinary Food Analysis and Diagnostic Laboratory launched the Surveillance Food Laboratory Manager Course last week.

In development for more than two years, the week-long course intended for Veterinary Corps officers, noncommissioned officers and civilians, teaches laboratory man-

See **FOOD SAFETY P13**



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Suicide numbers may top 2008, but progress being made

Story by C. Todd Lopez

Army News Service

The suicide rate among Soldiers serving on active duty in 2009 is expected to exceed that of 2008 – a statistic the Army doesn't take lightly, said Vice Chief of Staff of the Army Gen. Peter Chiarelli.

"We are most certainly going to end the year higher than last year," Chiarelli said. "Obviously we would prefer not to have another suicide this year, or in the years that follow. But we know that will not be the case. This is horrible and I do not want to downplay the significance of these numbers in any way."

During a press briefing at the Pentagon Nov. 17, Chiarelli told reporters that as of Nov. 16, the Army had 140 suicides on its books for Soldiers serving on active duty, though some of those are still under investigation.

The Army had 16 potential suicides in October, all of which are still under investigation, the Department of Defense announced. In September, the Army had seven suicides; three of which are not confirmed and four still under investigation.

The Army had experienced 140 confirmed suicides in 2008. If Army suicide rates for 2009 exceed those of 2008, it will be the fifth year in row the numbers have risen.

The numbers for 2008 also gave the Army, for the first time, a suicide rate higher than that of a comparable civilian population. Chiarelli also said the Army experienced 71 suicides for Soldiers not

on active duty.

Chiarelli said most of the suicides – as many as a third of them – occurred in the first two months of the year and that, despite the numbers, he believes the Army is making progress in its efforts to curb suicide.

"It is important to put these numbers in context and to talk about why we believe, despite these numbers, that we are making some progress," Chiarelli said. "Since March, the general trend line, with the exception of

a couple of months, has been down."

The general attributes that decline to Army actions to inform and educate Soldiers and leaders on the issue and he cites leader involvement for Army progress in suicide.

Chiarelli said the Army has several initiatives designed to help curb suicides. The biggest, he said, is the Comprehensive Soldier Fitness program, which the Army kicked off in October. "It is an invest-

ment in the readiness of our force."

The aim of Comprehensive Soldier Fitness is to help Soldiers put the same emphasis on mental strength and resilience that they put on physical strength.

The Army has implemented additional pro-

grams that are aimed at psychological well-being. Among those are the pilot TRICARE Assistance Program and the Telemental Health Network, both designed to let Soldiers and Family members seek assistance

See SUICIDE P11

Thought of the Week

Listening to your heart is not simple. Finding out who you are is not simple. It takes a lot of hard work and courage to get to know who you are and what you want.

– Sue Bender

(Source: Bits & Pieces, November 2009)

Weekly Weather Watch

	Nov. 26	Nov. 27	Nov. 28	Nov. 29	Nov. 30	Nov. 31
San Antonio	68° Clear	67° Partly Cloudy	70° Partly Cloudy	70° Chance of Rain	72° Chance of Rain	63° Mostly Cloudy
Kabul Afghanistan	46° Scattered Clouds	53° Clear	55° Overcast	62° Overcast	55° Chance of Rain	51° Chance of Rain
Baghdad Iraq	55° Chance of Rain	62° Clear	64° Scattered Clouds	57° Scattered Clouds	60° Clear	66° Partly Cloudy

(Source: Weather Underground at www.wunderground.com)

News Briefs

Walters Shoppette hours

The Walters Street Shoppette hours are now Monday-Friday, 5:30 a.m.-11 p.m., Saturday 7 a.m.-11 p.m., and Sunday 7 a.m.-10 p.m. Call 225-0216.

LMH offices closure

Lincoln Military Housing offices will be closed Nov. 26-27 to observe the Thanksgiving Holiday. Call 270-7638.

PX Thanksgiving hours

The post exchange will be closed Thanksgiving Day, Nov. 26; open Nov. 27, 4 a.m.-9 p.m.; Nov. 28, 6 a.m.-9 p.m.; and Nov. 29, 9 a.m.-7 p.m. For additional information, call 225-5566.

DPW, Housing Offices hours

The following DPW, Housing Offices will be closed Nov. 27 to observe the Thanksgiving Holiday: RCI Office, Building 407; UPH Office, Building 367; HSO Office, Building 367. All offices will reopen with regular hours Nov. 30. For more information contact the RCI Office at 221-2250.

IPAP Briefing

Maj. Dawn Orta, program manager for the Army Interservice Physician Assistant Program, will do a briefing, Nov. 30, Building 2248, 3 p.m. Call 221-1738.

Holiday tree lighting

The second annual Fort Sam Houston holiday tree lighting ceremony will be held Dec. 2, 6-8 p.m. at the garrison flagpole. There will be holiday arts and crafts, refreshments, pictures with Santa Claus, caroling, performances by the Army Medical Command Band, artificial snow and a sledding hill.

Holiday Concert

The 2009 Holiday Concert will be held Dec. 5 at 7 p.m. at the Jimmy Brought Fitness Center. The public is invited to enjoy holiday favorites by the Army Medical Command Band.

See NEWS P14

Brigade gives students close look at Soldiers

Story by Gregory Rippes

470th Military Intelligence Brigade Public Affairs

Children at Columbia Heights Elementary School got a close-up look at Soldiers and a few of their activities Nov. 10 when members of the 470th Military Intelligence Brigade visited their school gymnasium.

Approximately 200 students in grades three through five had an opportunity to sample Meals Ready to Eat, experience first aid, have their faces painted in camouflage colors, learn some drill and ceremonies, and observe a retreat ceremony.

The Soldiers, stationed on Fort Sam Houston, belong to an operational brigade that deploys intelligence specialists on missions throughout the world. Ten of the brigade's Soldiers volunteered to go to the school on



Sgt. Jared Salinas, of the 470th Military Intelligence Brigade's S6 (Communications Section), splints the leg of a "casualty" in a demonstration of first aid at Columbia Heights Elementary School. Students got a chance to see a variety of Soldier activities up close during a special assembly.

Photo courtesy of Daniel Segura, Harlandale Independent School District

their own time.

Nadja Root, a teacher at Columbia Heights and a former U.S. Army chief warrant officer, organized the "hands-on" event to help the students better appreciate what the military does for their country. She said the Soldiers presence meant a

great deal to the children at the school, located in south San Antonio's Harlandale Independent School District.

"They will remember that for the rest of their lives," said Root. "I was totally floored by the Soldiers' enthusiasm and wonderful energy with the children

— not that I expected any less. They know that the military is a great option as a career choice."

"The children were excited, and the Soldiers were excited too. Everything went great,"

See 470TH MIB P11

'Friday Night Lights' actors thank wounded warriors

By Master Sgt. Ben Gonzales

Defense Media Activity-San Antonio

Kyle Chandler known as Coach Eric Taylor and Connie Britton starring as the coach's wife on the television show "Friday Night Lights," visited wounded warriors at Fort Sam Houston Nov. 14.

The actors spent time encouraging warfighters at Brooke Army Medical Center, signing autographs at the Fort Sam Houston Post Exchange, and talking to wounded warriors and their Families at the Warrior and Family Support Center and Fisher House.

"We just came to say thank you to everybody here," Britton said. "The most amazing thing to me is that when I talk to Soldiers, they say they want to get healed and go back out (to the war zone). It's inspiring and great to talk to you all."

Recovery for some wounded

warriors is a slow process. Service members with missing limbs or severe burn wounds are commonplace at the Warrior Transition Battalion.

Most warriors here spend weeks or months recuperating and getting back to "a whole new normal way of life," said Judith Markelz, WFSC program manager. "It takes a triad of healing: body, mind and spirit. This is a place to heal the spirit."

"We help set up 70 trips a month for the warriors, lunches, dinners and other items that help build the morale of these men and women. It is all donated and it is all free for those assigned to the WTB here," said Markelz, adding that the WFSC is the only agency in the military that exists on donations.

Wounded warrior Spc. Adam Watkins comes to the WFSC to be around friends and unwind after hours of appointments at



Photo by Staff Sgt. Bennie Davis

"Friday Night Lights" actress Connie Britton talks to Army Sgt. 1st Class Todd Griffin at the Warrior and Family Support Center.

the Brooke Army Medical Center. Watkins has been here since May 2007, after a Stryker vehicle he was driving was hit by an improvised explosive

device in Iraq. Doctors told his parents that he had only a 26 percent chance of surviving.

See FRIDAY NIGHT LIGHTS P11

Drag racer visits post, shares her experiences

Story and photo by Lori Newman
Fort Sam Houston Public Affairs

Tina Stull is many things: wife, mother, cancer survivor and race car driver. Stull visited Fort Sam Houston Nov. 19 to speak about her experiences at the 32nd Medical Brigade Thanksgiving Prayer Breakfast.

Following the breakfast she parked her dragster at the Rocco Dining Facility, visited with Soldiers and signed autographs.

"I really appreciate the Soldiers who serve, because the job they do allows me to do what I do," she said. "My getting to drive race cars is entertainment. People in the military are changing history. It's important that when they go out to do their job, they know they are fully supported here at home."

In 1998, Stull went to the Frank Hawley Drag Racing School in Pomona, Calif., but didn't start drag racing until 2002 after being diagnosed with cutaneous T-cell lymphoma.

"In 2002, I was diagnosed with termi-



Sgt. William Hardin sits in Tina Stull's dragster as Sgt. Cameron Hubbard and Pfc. Jorge Oliver talk with Stull about the car. "It was pretty cool to sit in the car, but I wouldn't want to drive it," said Hardin.

nal cancer and was told I had three years to live," said Stull.

"I had to make some decisions about what I wanted to do with the time I had left. I decided that racing was one of the

things I had been putting on the back burner but something I really wanted to do."

When Stull went back to the doctor they told her, "You don't have cancer, we

can't find it; we don't know how to explain the pathology reports, so just go home."

She said that during the time she thought she was dying, prayer was so much a part of her life, because she felt she had no other options. "I made all my decisions based off my prayers. When I found out I was going to live I thought, why should my decisions be any different," she said.

Stull continued to pursue her racing career as a National Hot Rod Association Super Comp Dragster driver.

She currently works with several military-focused ministries to provide ongoing support for the service members and their Families, and is responsible for distributing thousands of free tickets to racing events to members of the military.

"If I was going to race when I was dying, why wouldn't I race now that I was living," she said.

For more information, visit www.tinastullracing.com.

Families box items donated for Soldiers in Iraq

By Gregory Rippes
470th Military Intelligence Brigade
Public Affairs

Although Soldiers of the 14th Military Intelligence Battalion in Iraq won't have much of a "holiday" season there, their days will brighter, thanks to boxes sent to them from the battalion's Family Readiness Group.

The 14th MI Battalion, a subordinate unit of the 470th MI Brigade, which provides operational support to commands in various locations around the globe, has been deployed in support of Operation Iraqi Freedom since last summer.

Family members and friends gathered at the Army Community Service building on Fort Sam Houston Nov. 17 to sort donated items, fill boxes

and prepare them for mailing. The group had accumulated two-and-a-half grocery baskets full of items such as disposable razors, toothbrushes and toothpaste, deodorant, lip balm and lotions and shampoo. There were fun things, too, such as snacks, compact disks and even Christmas decorations.

Shoppers at the Fort Sam Houston commissary donated the items while FRG volunteers bagged groceries Nov. 14 to raise funds to ship boxes overseas. The volunteers also posted lists of suggested items to donate. These included not only wants and needs of Soldiers but also simple toys and school supplies for them to give to Iraqi children.

"A lot of people took a list and went in and bought things and donated them on the way out," said FRG volunteer Stacy

Meyer. "We even received a call from the commissary the next day saying people had left things after we departed."

She noted members of the general public weren't sending things to Soldiers overseas in the volume they had done so in past years. However, the people at the Fort Sam Houston commissary proved how generous people could be. Capt. Chad Wetherill, who leads the battalion's rear detachment, estimated the total value of donations was \$1,800.

FRG volunteers filled 50 boxes, each 12 inches wide by 12 inches long by 5.5 inches deep. The boxes were addressed to the battalion chaplain, Capt. Ramon Santillano, who will oversee distribution of items to Soldiers in Iraq as part of a chaplain outreach program.



Family Readiness Group volunteers fill one of their 50 boxes with disposable razor blades.

The boxes will contain one more added feature assembled by the volunteers.

"Treat bags contain letters from two schools in the area, Morningside Elementary in New Braunfels and St. Peter,

Prince of the Apostles, in San Antonio," said Nina Johnson, battalion Family Readiness Support assistant. "The letters are all written by children at these schools and should really lift the Soldiers' spirits."

Photo by Gregory Rippes

QUILT from P1

American service members who lost their lives during the Iraq and Afghanistan wars since 9/11. She met with Gold Star Mothers and Family members of the fallen heroes to get background on each member as she designed the quilt.

Ed Martin, an operations specialist, Directorate of Plans, Training, Mobilization and Security, Fort Sam Houston, and his wife, Candis, were thrilled when they were first contacted by Feingold to tell the story of their son, 1st Lt. Thomas Martin.

Martin, a U.S. Army Soldier, was 27 years old when he was killed in combat by small arms fire when insurgents attacked his unit during night operations near Busayifi, Iraq, Oct. 14

2007. He was assigned to C Troop, 1st Squadron, 40th Cavalry Regiment, 4th Brigade Combat Team (Airborne), 25th Infantry Division, Fort Richardson, Alaska.

“He always wanted to be a Soldier. He grew up in the Army, me being a command sergeant major and his mother a chief warrant officer 5, I don’t think he had a choice,” Martin said chuckling. He went to JROTC in high school. When he graduated, he applied for West Point but was not accepted. He knew that if he joined the Army he could resubmit his package, which he did while he was stationed in Korea, and was accepted.”

Ed Martin said what he remembered most about his son was his smile. “For Tom, it was always his smile. You can



Jenny Koranyi, tries to decipher the secret message in The Lost Heroes Art Quilt Nov 19, left there by creator Julie Feingold.

pick it out anywhere; he has it on his picture on the quilt. He had it as an adult. We saw it when he graduated from basic training, when we looked out into the crowd – you could spot him by his smile.”

The quilt is striking, as it stands 5 and one-half feet tall by 15 feet long. It is somberly impressive on a black background with photographs bound by crosses. It is prominently displayed on a hand-carved wooden

stand designed and created by artisan Michael Scarborough.

It shows 82 fallen heroes from all branches of the military, 50 in the body of the quilt, representing each state and 32 around the border. A childhood photo represents each service member. Words surrounding each photo, give the viewer of the quilt a brief snapshot of the service members’ personalities and interests.

On the quilt, Martin represents South Dakota, the state where he was born.

The words that surround his photo, tell only a small fraction of his story. They read, “West Point, numerous medals, undaunted determination, journals, rugby, ranger, church, 4-H, band and theatre, Calvin & Hobbes, touched many

lives, Eagle Scout, fiercely dedicated to his men, his mission and his country.”

Also accompanying the quilt on this tour, is a companion book titled, “The Lost Heroes Art Quilt Book” that lists the names of 5,000 service members who have lost their lives in the Iraq and Afghanistan wars as of July 4, 2009. It also gives an in-depth story of each service member highlighted on the quilt.

“The thing we support so doggedly about the quilt is that the kids are not forgotten. That is why we (Gold Star Families and the Families of the fallen) work so hard for, and why we are so thrilled about the quilt, and the theme, ‘Without a witness,’ they will disappear,” said Martin.

Texas Honor Ride salutes wounded warriors, Families

Story by Phil Reidinger
Fort Sam Houston Public
Affairs

Motorcycles roared down Binz-Engleman Road with an escort by the Fort Sam Houston police motorcycle patrol to Salado Creek Park for the fifth annual Texas Honor Ride from Houston.

Ride coordinator Terry Muilenberg reported 824 riders and passengers attended the event this year, with 14 support vehicles bringing the tra-

ditional coffee donation that began during the first ride.

"Starbucks customers in the Houston area donated \$17, 000 worth of coffee for the Warrior and Family Support Center," Muilenberg said.

The bikers enjoyed barbecue, ice cream and music by "Retrofit" during their day long rally at Salado Creek Park.

Due to the numbers of riders, the Fort Sam Houston police got help from Houston area motorcycle police units to



Photos by Stephen Markelz

Terry Muilenberg, Texas Honor Ride president, presents Judith Markelz and wounded warriors, represented by retired Staff Sgt. Jason March, a donation check to support Warrior and Family Support Center operations at the annual motorcycle riders' rally.

escort the riders and avoid traffic congestion on IH 35.

With wounded warriors and their Families on stage and in front of the stage, riders cheered when Muilenberg presented a donation check to Judith Markelz to support Warrior and Family Support Center operations.

The Warrior and Family Support Center is



A guitar on display at the Warrior and Family Support Center, signed by wounded warriors assigned to Brooke Army Medical Center for treatment and rehabilitation, is presented to the Texas Honor Ride.

a Fort Sam Houston Morale, Welfare and Recreation Directorate facility that operates seven days each week, including holidays.

Activities sponsored by the center for wounded warriors and their Families are funded by

community donations. The center, which opened originally in the Powless Guest House in December 2003 using a converted conference center, will celebrate its anniversary on Dec. 3 in its new facility opened last year.

Gift boxes help patrons spread holiday cheer

Story by Kevin L. Robinson
Defense Commissary Agency

Commissaries are making the joy of giving much easier for customers who want to spread a little cheer to fellow service members and their families. The Defense Commissary Agency is stocking snack gift boxes in its stores just in time for the holiday season.

Gift boxes include popular single-serve fruit and nut mixes, cookies, crackers, and a macaroni and cheese cup. Each box also bears a coupon for \$1.25 off the purchase price. They can be purchased ready to ship, donate, or simply deliver to any special person or military organization.

“We want our customers to put the commissary at the top of their holiday shopping list,” said DeCA Director and CEO Philip E. Sakowitz Jr. “These snack boxes are a con-



Photo by Rick Brink

Gift boxes include popular single-serve fruit and nut mixes, cookies, crackers, and a macaroni and cheese cup. Each box also bears a coupon for \$1.25 off the purchase price. They can be purchased ready to ship, donate, or simply deliver to any special person or military organization.

venient way for our patrons to help put a smile on someone’s face during the holidays.”

Customers should look for the snack boxes on display pallets near the cash register under the sign: “Special Delivery

For: The Serious Snacker.”

Military activities that want to be drop-off points for customer-donated gift boxes must seek approval from their

See GIFT BOXES P8

“BEST WARRIOR” FOR 2009



Courtesy photos

The 32nd Medical Brigade’s “Best Warrior” for 2009 is Staff Sgt. Joseph Hay, a Dental Specialist with the 187th Medical Battalion. The “Best Warrior” Competition is an annual, grueling, 72-hour event held to determine the best qualified compete at the Medical Command level. Competitors take an Army Physical Fitness Test, a written test, complete a leadership essay, compete in a combative tournament, conduct day and night urban orienteering, complete a warrior task and battle drill lane, weapons qualification and finish with an oral board. “I have received an incredible amount of support and training from my peers and leadership from across the 187th and the Department of Dental Science,” Hay said.

Going gluten free with celiac disease

Story by Lt. Col. Karen E. Hawkins
Defense Commissary Agency
dietitian

In response to growing concern, more gluten-free foods and products are available in the commissary, with savings at more than 30 percent. And, to provide more support, an informal gluten-free support group is being created for our customers.

What is celiac disease? Having celiac means a person can't eat gluten, a protein found in wheat, rye and barley. Gluten is found mainly in foods, but may also be in other products like medicines, vitamins and even the glue on stamps and envelopes, according to the National Institutes of Health.

The disease is hereditary. People with celiac disease

don't always know they have it because they don't feel sick, or they don't know celiac disease is the cause. Besides stomach pain, it can cause anemia, malnutrition, infertility, a certain skin rash and other health problems.

Celiac disease can be hard to discover because its symptoms are like many other digestive diseases. To diagnose celiac disease, doctors will test blood for high levels of antibodies. If blood tests and symptoms suggest celiac disease, a biopsy of the small intestine may be conducted to confirm the diagnosis.

The only treatment for celiac disease is a gluten-free diet. The body's immune system responds to gluten by damaging small finger-like villi lining the small intestine. Villi absorb nutrients from the foods we

eat and when villi are damaged, the body can't get the nutrients it needs.

For most people, following the diet will stop symptoms, heal existing intestinal damage, and prevent further damage. Improvement begins within days of starting the diet. The small intestine usually heals in three to six months in children, but may take several years in adults.

People with celiac disease must avoid gluten for the rest of their lives as even a small amount of gluten can damage the small intestine. The damage will occur in anyone with the disease. Depending on a person's age at diagnosis, some problems will not improve, such as short stature and dental enamel defects.

For more information visit ww.commissaries.com.

What are the symptoms of celiac disease?

Symptoms of celiac disease include the following:

- gas
- diarrhea
- stomach pain
- feeling very tired
- change in mood
- weight loss
- very itchy skin rash with blisters
- slowed growth in children

Most people with celiac disease have one or more symptoms, but not all have digestive problems. Some don't have any symptoms. Having one or more of these symptoms does not mean a person has celiac disease because these symptoms can fit many other disorders.

GIFT BOXES from P7

installation officials in advance. Once approved, these organizations can set up collection bins or staff a booth at the front of commissaries.

The gift box program is a wonderful example of DeCA working with its industry partners for this holiday promotion for military commissaries, said Randy Chandler, DeCA's director of sales.

"These boxes are designed to help our customers show their appreciation for the military with a collection of top-selling snack items," he said. "We owe thanks to our industry partners for providing our customers another way to

give the gift of groceries."

In addition to the gift boxes, commissaries are also offering gift vouchers in \$25 denominations and redeemable by any commissary authorized shopper. Anyone, including those who are not authorized shoppers, can purchase the gift vouchers by visiting any commissary's customer service department.

There is no limit on the number of vouchers someone can purchase. For large purchases of more than \$1,000 in vouchers at a time, you must notify the store at least one week in advance. This allows commissaries to maintain enough vouchers for other customers.

***Have feedback for
a post customer
service provider?***

Go to the Interactive
Customer Evaluation Web site at
<http://ice.disa.mil> and voice
your opin-
ion today.



SUICIDE from P2

via the Internet or telephone.

At Tripler Army Medical Center, Hawaii, the general said the Army was able to provide all members of a redeploying unit with a post-deployment mental-health screening that involved actual mental-health professionals. Some Soldiers saw a health professional face-to-face, while others did it via computer.

“We took a battalion, returning from theater, and gave 100 percent of the Soldiers mental-health evaluations,” the general said. The mass screening resulted in “a higher ... rate for mental health issues that we believe we caught earlier because of a 20- to 30-minute evaluation.”

Follow-up evaluations

will be provided to Soldiers between 90-180 days after coming home, he said, to “identify those individuals that may be having trouble with reintegration.”

The advent of telemedicine is beneficial for the Army, Chiarelli said, because the service is struggling, like much of the civilian population, to find both mental-health and substance-abuse counselors. He said he’d ideally like to see in the Army the addition of as many as 300 substance-abuse counselors and 800 mental health counselors.

In 2008, the Army asked the National Institute of Mental Health to conduct a study to get to the root causes of suicide in the Army. During the study, which is expected to last five years, the NIMH may

interview Soldiers, their Families and their parents. The study will include the active-duty force in addition to the National Guard and Army Reserve.

Chiarelli said in early December, he will meet with NIMH officials to get an early briefing on the study and will use that information to help better steer Army efforts to curb suicides.

Until then, the general said, the Army is still at a loss to explain why Soldiers commit suicide. “There are no easy answers or solutions. And although we have made changes to Army policy based on many of the lessons learned, we still haven’t found any statistically significant causal linkage that would allow us to effectively predict human behavior.”

470TH MIB from P3

said Master Sgt. Megan Grant, who coordinated the brigade’s volunteers.

Other Soldiers who participated included

FRIDAY NIGHTS from P3

“I cannot recollect anything that happened until July 2007. For weeks I was really messed up, and was in (the intensive care unit),” Watkins said. “If this injury had happened to me a few years ago, I would not be here today.”

He still does physical therapy five days a week, but 23-year-old Watkins said he is looking forward to returning home to Fayetteville, Ark. in the next few months where he plans to go to the University of Arkansas. He also wants to hunt and fish, activities

Chief Warrant Officer Crawford Clark, Chief Warrant Officer Tracey Brooks, Chief Warrant Officer Michael Brooks, Sgts. 1st Class Charles Baldwin and Melanie

he has been able to relearn during excursions provided by WFSC.

Sgt. 1st Class Todd Griffin was injured in a debilitating motorcycle accident in San Antonio. Currently in a wheelchair, he has been recovering here since December 2008, and faces amputation if the bones in his leg do not heal properly. With his wife, Vicki, and son, Daniel, Griffin spent most of the day at the WFSC to meet and give combat medic coins to the television stars, and be around fellow service members to lift his spirits.

“Anything you could

Locklear, Sgts. Jared Salinas and Jasmyne Grashen, Spcs. Patricia Ceballos and Roberto Lloyd.

possibly ask for is available at the WFSC,” said Griffin who was assigned at Camp Bullis, and prepared medics going into the war zone. “From financial support, services for weddings to providing trips to build our morale, this place does a lot for the warriors.”

“It is an honor to meet these guys,” Chandler said. “Being here gives us a chance to say thank you personally to individual Soldiers and also to let them know that there are people out there thinking about them.”

Soldiers assigned to the 232nd Medical Battalion take the U.S. Oath of Allegiance during a naturalization ceremony at the Army Medical Department Museum auditorium.



"I hereby declare, on oath, that I absolutely and entirely renounce and abjure all allegiance and fidelity to any foreign prince, potentate, state, or sovereignty of whom or which I have heretofore been a subject or citizen; that I will support and defend the Constitution and the laws of the United States against all enemies, foreign and domestic; that I will bear true faith and allegiance to the same; that I will bear arms on behalf of the United States when required by law; that I will perform noncombatant service in the Armed Forces of the United States when required by law; that I will perform work of national importance under civilian direction when required by the law; and that I take this obligation freely without any mental reservation or purpose of evasion, so help me God." (U.S. Oath of Allegiance)

NATURALIZATION from P1

ous backgrounds, who possess many different life stories, have been brought together today for a common purpose, a purpose that goes beyond just the desire to live in this country, a desire to serve this country, a desire to call this country, my country," said host for the ceremony, Maj. Gen. Russell Czerw, commander Fort Sam Houston and Army Medical Department Center and School.

Czerw also recognized the Families of the soldiers in attendance. "I want to thank the Soldiers' Families because a Soldier's Family is his or her foundation, upon which their commitment to military service, in this case the Army, is built upon, and without that support we would not be the nation we are today.

"We have entered into a covenant with our military Families, and that covenant is a promise from our military community to provide you and our Families with the best possible quality of life that we can," Czerw said.

Czerw said since 1775 Soldiers have fought in the battlefields to defend the

ideals of our Nation and the principles of our Constitution.

He quoted Thomas Paine, one of the great orators of the American Revolution, "Those who expect to reap the blessings of freedom must, like men, undergo the fatigue of supporting it."

Czerw said these are powerful words, but if Paine said them today, he would have used the phrase, "like men and women" in his quote.

Addressing the new citizens, Czerw said, "Soldiers, you today, join more than 52,000 Soldiers, Marines, Sailors, and Airmen that have joined since 9/11, and over 9,000 just this year that freely chose to accept the enormous responsibilities, as well the benefits and rewards of becoming a citizen of these United States.

"Because you have lived our Army values: loyalty, duty, respect, selfless service, honor, integrity, and personal courage, this day has been possible because you made it possible."

Spc. Jin Hee Kim, born in South Korea who came to the U.S. at 16, attended Indiana University and graduated with a Bachelor of Arts with a

double major in political science and Japanese, and a double minor in French and Business Management. She speaks Korean, Japanese, French and English.

Kim said, "I am now an American, I am very American, I am very proud to be an American, and I am so ready to work for America, for our national interest and national security, and I am so honored to be here."

When asked about her goals she said, "Since my native tongue is Korean, I would like to be a linguist in the Korean language, and be the liaison between the North Korean and American governments, so that I help resolve issues between the two governments."

New citizen Spc. Sanghoon Kang, originally from South Korea, has been in the U.S. for seven years. Kang changed his name to Spc. Chris Sanghoon Kang.

Kang said, "I am very happy, I really wanted to be a U.S. citizen for a long time."

Kang was a Marine officer in the Korean army. He missed the military life and so joined the U.S. Army. "I

think that being a Soldier is the most admirable job in the world, so I am very happy and feel very honored."

According to Kang, whose wife lives in Los Angeles, she too is very happy, "I sent her a text message and a photo message of the ceremony."

"I think the impressive part of today's ceremony is the fact that, we, the citizens of the United States, defend and support our constitution, we do it freely, but we wear this uniform because we want to. Soldiers that have become citizens – it is an incredibly wonderful feeling and today's ceremony is the epitome of what this country and what this nation is all about," Czerw said.

Primomo who is with the United States District Court, for the Western District of Texas, San Antonio Division, said, "I have been able to preside over many naturalization ceremonies, but one of the more special parts is to be able to administer the oath of citizen to Soldiers who are serving the United States of America even before it is their country, so this a special day and honor for me and serve you as the presiding judge."



Maj. Gen. Russell Czerw (left), commander Fort Sam Houston and Army Medical Department Center and School, and Honorable John Primomo, U.S. Magistrate Judge (right), stand with 12 newly sworn-in U.S. citizen-Soldiers.



Maj. Gen. Russell Czerw, commander, Fort Sam Houston and Army Medical Department Center, congratulates newly sworn-in U.S. citizen-Soldiers assigned to the 232nd Medical Battalion during a naturalization ceremony at the Army Medical Department Museum auditorium.

FOOD SAFETY from P1

agers how to oversee food testing laboratories and unit-level laboratory programs to make sure the laboratories are established and testing results support worldwide veterinary missions.

Eighteen Soldiers and one civilian took part in the pilot course.

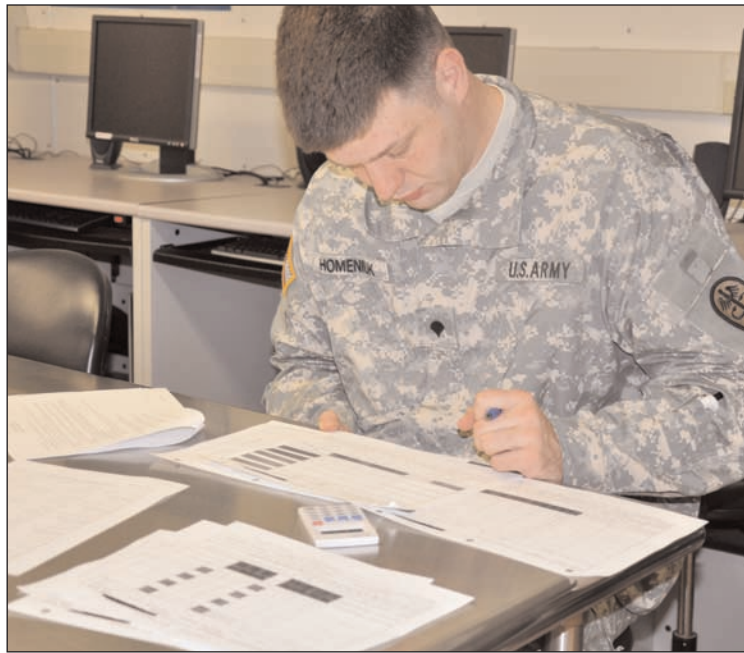
“Lt. Col. Hanfelt’s concept for the course was to push surveillance food testing right down to the front-line Soldier; into places where it is hard for big reference labs to reach,” said Maj. Alisa Wilma, deputy director, FADL. “It can be difficult to get samples out of places like the Balkans and Iraq.”

“We are able to push testing out to the local level, to do screening testing on different installations for food safety,” said Col. Peggy Carter, director, FADL.

“That’s a big advantage because it spreads the food surveillance net farther down to the grass-roots level.”

Surveillance Food Laboratories allow unit commanders to enhance food and water safety and enable a faster response to detect food-borne illnesses in the field.

The SFL program was built with the idea that a lab can be



Spc. Christopher Homeniuk evaluates mock worksheets and testing results to identify errors in the recorded results during the Surveillance Food Laboratory Manager Course exam Nov. 20.

set up almost anywhere as long as there is a sink to wash hands and electricity for a refrigerator.

Members of the Veterinary Service tested the theory setting up a food surveillance lab in a hotel room in support of a Department of the Army special event, testing food samples and water for risk assessments.

Students learn to set up a food surveillance lab, lab maintenance, proficiency test-

ing, oversight of tests conducted, reviewing and reporting of results, risk communication, determining products of concern for testing.

“This course teaches the students how to walk into the lab, look through the paperwork, look at the set-up and say ‘yes’ this number is good,” said Wilma.

“The idea was to push the basics down to the Soldiers on the ground so they can do surveillance that allows them to

“We are able to push testing out to the local level, to do screening testing on different installations for food safety,”

– Col. Peggy Carter, director, FADL

find food safety and defense issues before they occur to prevent food-borne illness,” added Lt. Col. Margery Hanfelt, senior laboratory trainer, DVS.

At the end of the week-long course there was a



Photos by Lori Newman

Capt. Jason Crawford conducts a surveillance laboratory audit on lab equipment as part of the exam Nov. 20.

final practical exercise which took about six hours to complete.

The students took a written exam; designed a mock surveillance food laboratory on paper, using a diagram and a list of equipment; and evaluated mock worksheets and testing results to identify errors in the recorded results. They also conducted a surveillance laboratory audit and completed a situation scenario station.

“They’re (laboratory managers) going to be the ones overseeing the final testing results coming out of the surveillance labs; doing the final screenings to make sure that the technicians are set-up as far as testing the food and water to ensure that everything sent out is valid and safe,” said Staci Mitchell, project officer, AMEDDC&S.

The students receive a graduation certificate upon completion of the course; if the student scores 90 percent or above they also receive a certification as Surveillance Food Laboratory Managers. For this course, 18 of the 19 students passed the course, and 14 were officially certified as Surveillance Food Laboratory

Managers.

A two-week Surveillance Food Laboratory Technicians Course will be offered in the spring.

The technician’s course will primarily teach students testing methodologies as well as lab maintenance. During the first week students will be trained on laboratory equipment, sterilization and maintenance.

During the second week, students will be handed a box of samples; be expected to check the samples in and run all tests necessary to assess the samples for indicators of food safety and wholesomeness.

At the end of the week, students turn in all forms to the mock manager, make a presentation on what they have found and identify whether they think there is a risk present.

“Based on how well they do, and whether they find what they are supposed to find, they get a training certificate or not,” said Wilma.

In addition, to be certified as Surveillance Food Laboratory Technicians, they must also pass a proficiency test provided by the FADL once they are



Staci Mitchell (right), project officer, Army Medical Department Center and School answers a question for Staff Sgt. Katasha McCline during the worksheet evaluation phase of the Surveillance Food Laboratory Manager Course exam Nov. 20.

News Briefs

NEWS from P3

AMEDDC&S Holiday Ball

The Army Medical Department Center and School 2009 Holiday Ball, "A Magical Evening," will be held Dec. 11 at the Sam Houston Club. Tickets \$38/person, see your unit representative.

Federal Employees health benefits open season

Open season for the Federal Employees Health Benefits Program, Flexible Spending Accounts and the Federal Employees Dental and Vision Insurance Program runs through Dec. 14. Employees can enroll, change or cancel through the Army Benefits Center-Civilian Web site at www.abc.army.mil or call 877-276-9287. For more information, call 221-2934/2526.

Pet vaccination clinics

The Fort Sam Houston

Veterinary Clinic offers low-cost vaccinations for Lincoln Military Housing residents Dec. 19, 8 a.m.-12 p.m., on the patio of the Harris Heights Community Center; and Jan. 9, 8 a.m.-12 p.m., on the patio of the Main Resident Center. Cost is \$10 each for distemper/parvo, leptospirosis, and rabies and \$20 for 4DX HXT. Payment by cash or check only, call 295-4260.

MLK Celebration

Brooke Army Medical Center Celebrates Dr. Martin Luther King Jr. at BAMC Medical Mall Area, Jan. 13, noon-1 p.m. Celebration includes a poetry contest open to all BAMC Soldiers and employees about anything that pertains to King. Contest winner will present his or her poem during the event. Call 916-6401.

LMH offices closure

Lincoln Military Housing offices will be closed Dec. 18, 11 a.m.-3 p.m. for their holiday luncheon. Call 270-7638.



Announcements

CYSS Open House at community centers

Child, Youth & School Services will hold open house at the following post locations:

Dec. 3, 5-7 p.m. at the Dickman Housing Community Center

Dec. 7, 5-7 p.m. at the Harris Heights Community Center

Dec. 9, 5-7 p.m. at the Watkins Terrace Community Center

There will be free food and drinks, holiday crafts, onsite registration and answers to questions regarding Youth Services. Call 954-2088.

Free U.S. Army All American Bowl tickets

The Sam Houston Club will be distributing a limited amount of free tickets for the U.S. Army All American Bowl to authorized DoD I.D. cardholders. Game will be held Jan. 9 at the Alamo Dome. Limit of four tickets per person, on a first-come, first-served basis. Call 226-1663.

"Plaid Tidings"

"Plaid Tidings" at the Harlequin Dinner Theatre through Dec. 19. Dinner is served at 6:15 p.m. followed by the show. Tickets are \$26/military, \$29/civilian Monday through Thursday and \$29/military, \$32 civilian, Fridays and Saturdays. Call 222-9694 or visit www.fortsamhoustonmwr.com.

You're Hired program

Child, Youth and School Services now accepting applications at the central registration office for the HIRED! apprenticeship program providing high school students, 15 to 18-years-old, career exploration opportunities in Family and Morale, Welfare and Recreation operations. A cash prize is awarded upon completion of the program. Candidates must be a child of active duty military, DoD civilian/contractor, reservist or retiree, currently attend-

ing high school, and maintaining at least a 2.0 grade point average throughout the 12-week term. Call 221-3164/3386.

EDGE Program

The EDGE Program offers out-of-school opportunities for children 6 to 18-years-old in cutting-edge art, fitness, life skills and adventure activities. Open to children of military, DoD civilians/contractors and retirees. Activities are free for 11 to 18-year-olds, fees assessed according to DoD fee policy for 6 to 10-year-olds. To register, call 221-4871 or stop by the Child Youth and School Services Central Enrollment, Building 2797. Call 771-2148 or 954-2088.

Child, Youth and School

Services Central Registration Office hours Monday through Friday 8 a.m.-5 p.m., registration after 4:30 p.m. by appointment only. The office is closed at 1 p.m. the first and third Friday of each month. Registration and Health Assessment forms available at www.fortsamhoustonmwr.com under the Soldier and Family services tab. Call 221-4871/1723.

H.U.G.S. playgroup

Helping Us Grow Securely playgroup for parents and children ages birth to 5-years-old meets Tuesdays, 9-11 a.m. at Dodd Field Chapel,

Building 1721, for interactive fun play. Registration is not required. Call 221-0349/2418.

English as a second language class

Offered Mondays and Wednesdays 5-8 p.m. at Army Community Service, Building 2797. Class is free and designed especially for foreign-born spouses. To register, call 221-1681/9698.

Calendar of Events

NOV. 25

Microsoft Publisher

Microsoft Publisher class, 8 a.m.-12 p.m. at Army Community Service, Building 2797, in the computer lab. Some basic computer skills and registration required. Call 221-2518.

Mandatory Initial First-Term Financial Readiness

Mandatory Initial First-Term Financial Readiness class, 12 p.m. at Army Community Service, Building 2797. Class space is limited. To register, call 221-1612.

Sexual Assault Annual Training

Sexual Assault Annual Training, 2-4 p.m. at Army Community Service, Building 2797. This class is designed for those who may have missed their annual sexual assault training at their unit. Attend this class and receive credit, so that the unit can be in compliance with AR 600-20, CH. 8. Call 221-0349/0655.

NOV. 26

Thanksgiving Day Brunch

The Sam Houston Club will host a Thanksgiving Day Brunch, 10 a.m.-1 p.m. The cost is \$21.95/non-members, \$18.95/members, \$8.95/children ages 6-11, children 5 and under free. For reservations, call 226-1663 or 224-2721.

ACS closed

Army Community Service is closed Nov. 26 for Thanksgiving and Nov. 27 training holiday. For Army Emergency Relief emergencies, call garrison staff on duty at 221-2810; after duty hours at 221-2087.

MWR from P14

NOV. 30

Unit Trauma Training

Unit Trauma Training, 9 a.m.-2 p.m. at Army Community Service, Building 2797. Training assists unit leadership, Family Readiness Group leaders, care teams, casualty assistance officers, casualty notification officers and community agencies in knowing how to help Soldiers, Families and the unit when traumatic events occur. Register by Nov. 25. Call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil

DEC. 1

Access Level 1

Microsoft Access Level 1 class, 8 a.m.-12 p.m. at Army Community Service, Building 2797, in the computer lab. Some offer basic computer skills and registration required. Call 221-2518.

Teen AFAP Conference

The Fort Sam Houston Teen Army Family Action Plan Conference, 8:30 a.m.-3 p.m. at the Fort Sam Houston

Independent School District Professional Development Center. Adult volunteers needed. Teens will be delegates and can fill out issue forms for submission; deadline is Nov. 30 for entries. Soldiers interested in volunteering receive points for promotion. Call 221-2611/3502.

Unit Family Readiness Training

Training at 9-10 a.m., Army Community Service, Building 2797. Defines phases of the deployment cycle, identifies stresses and Soldier and Family issues related to deployment. To register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil

Family Readiness Group Leader's forum

Family Readiness Group Leader's forum, 11:30 a.m.-1 p.m. at Army Community Service, Building 2797. Training provides FRG leaders the opportunity to discuss issues and share lessons learned. To register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

Basics of Breastfeeding

Basics of Breastfeeding class, 12:30-2 p.m. at Army Community Service, Building 2797. Call 221-0349/2418.

DEC. 2

Access Level 2

Microsoft Access Level 2 class, 8 a.m.-12 p.m. at Army Community Service, Building 2797. Completion of Access Level 1 and registration required. Call 221-2518.

Single Parenting class

Single Parenting class, 11 a.m.-12:30 p.m. at Army Community Service, Building 2797. Call 221-0349/2418.

Mandatory Initial First-Termer Financial Readiness

Mandatory Initial First-Termer Financial Readiness class, 12 p.m. at the Education Center, Building 2248. To register, call 221-1612.

DEC. 3

Walking Tour of Downtown San Antonio

The Relocation Program will offer

a walking tour of downtown san Antonio Dec. 3. Meet at the Army Community Service, Building 2797 at 8:45 a.m. to begin a enjoyable morning visiting the Riverwalk, La Villita, the Alamo, Market square and Hemisfair Plaza. To register, call 221-2418/1681.

DEC. 6

Holiday Story Read-Along

The Keith A. Campbell Memorial Library will host a children's Holiday Story Read-Along, 2-3 p.m. Listen to some classic holiday tales. Children can also create their own holiday greeting cards and decorate cookies. Call 221-4702.

DEC. 9

Army Family Team Building Level One

Army Family Team Building Level One class, Dec. 9-10, 8:30 a.m.-3:30 p.m. at Army Community Service, Building 2797. Transitioning from the civilian community to the Army is an important step. To register, call 221-2418/2611.



Community

Announcements

Scholarships for military children

The Scholarship for Military Children Program can help with a \$1,500 scholarship. Contact your local commissary, school guidance counselor, or visit the program Web site at www.militaryscholar.org or www.commissaries.com. Application deadline is Feb. 17. Call 221-4678 ext. 249.

Red Cross volunteers needed

The American Red Cross Office, Building 2650, at the corner of Patch and Harney roads, is seeking volunteers to do filing, mailings, answering the telephone, and other duties as requests arise. Caremobile drivers are also needed. Call 221-3355.

NCO Wives Club

The NCO Wives Club meets the first Tuesday of each month at 10:30 a.m. at the Sam Houston Club. Active duty and retired spouses are welcome to join. Call 386-8265 or 314-6377.

BAMC seeks volunteers

Volunteer positions are available for the Caremobile, Kernel Club, Patient Library or Patient Transport Program teams. Additionally, volunteer positions are available on the

clinic and patient administration staff. For more information on BAMC volunteer opportunities, call 808-4982.

Cloverleaf Communicators

Meets the first and third Thursday, 11:45 a.m.-1 p.m. at the San Antonio Credit Union, Stanley Road, in the conference room. Open to military, civilians and Family members interested in developing and enhancing leadership and communications skills. Call 221-8785, 221-6517 or 916-3406.

Adolescent Weight Loss Program

Are you an overweight teen? The Brooke Army and Wilford Hall Medical Centers seek overweight military dependent adolescents between the ages of 12 and 18 to participate in a free weight management intervention study. The 12-month adolescent obesity study incorporates professional medical attention, behavioral therapy, nutritional counseling and medication for weight loss at no cost to participants. For more information, call 916-0607.

Calendar of Events

NOV. 30

Retirement planning

San Antonio Credit Union will hold two free retirement planning

seminars Nov. 30 and Dec. 2, 5:30-6:30 p.m. at the Kelly Branch, 3006 General Hudnell Dr. Reserve by Nov. 27. Call 258-1071.

DEC. 1-31

Memories Etched in Images Holiday Photo Contest

Shoppers can submit photos to PatriotFamily@aafes.com with the title "Memories Etched in Images" in the subject line. Top 50 entries will be posted online and winners will be announced by Jan. 22. First place receives a \$1,000 AAFES gift card with \$500 going to the runner-up. Third and fourth places receive a \$250 gift card and next five places \$100 each. Rules and entry details are at www.aafes.com/PatriotFamily.

DEC. 3

CivilianJobs.com Career Expo

The CivilianJobs.com Career Expo will be held Dec. 3, 10 a.m.-2 p.m. at the Sam Houston Club, 1395 Chaffee Road. All military and prior military may pre-register at www.civilianjobs.com to be matched with companies based on career goals and geographical preferences. Call 678-819-4172 or visit www.civilianjobs.com.

DEC. 4

FEW Christmas Social

The Federally Employed Women Alamo City Chapter will hold a Christmas Social Dec. 4, 6-9 p.m. at the La Posada del Rey, 999 E. Basse. Reserve by Nov. 30, call 435-6620.

Service and sacrifice honored at Heroes' Tree reception

Story and photos by
Amanda Stephenson
Morale, Welfare and Recreation

For many military communities, heroes aren't always the ones on the battlefields – they're often the ones tucking their children into bed, making dinner, teaching history, volunteering at hospitals and inspiring excellence.

That was the message of the Heroes' Tree, a national program sponsored by the Military Family Research Institute at Purdue University that honors the service and sacrifice of our military Families.

Since Oct. 8, individuals were encouraged to hang handmade ornaments with stories and photos of their military

heroes on the tree, displayed at the Keith A. Campbell Library.

"The library is often the anchor of a community, and what better place to showcase the champions of the community than at our own library," said Col. Mary Garr, garrison commander, at the Celebrate Our Heroes reception Nov. 12.

More than 100 ornaments and stories adorned Fort Sam Houston's Heroes' Tree throughout the program and reception attendees got the chance to read some of those heroic stories and reflect on their own contributions to the military community.

Robbye Durham, manager of the Keith A. Campbell Memorial



At the Celebrate Our Heroes reception, student Soldiers got a chance to read the inspirational stories decorating the Heroes' Tree.

Library, hopes to preserve the ornaments and stories in a scrapbook so patrons can view them when they visit the library.

"The Heroes' Tree was a great way for us to reach out and honor our

everyday heroes in the community," said Durham. "A hero in the eyes of a child may be very different from a hero in the eyes of an adult and we think they are all deserving of such respect."



Ester Gates talks to students about her son, Keith Campbell, who was killed in action in 1967 during the Vietnam War.

Also in attendance was Ester Gates, the mother of library namesake Keith A. Campbell, who was killed in action at age 20 in Vietnam. She told attendees her son would have been very proud of the heroes

being honored on the tree and gave a piece of advice to attendees: "Learn to love books and you will never be lonely."

The Heroes' Tree remains on display at the library.



REMINDER CALENDAR

Nov. 25

Thanksgiving Dinner at Camp Bullis Dining Facility

Nov. 26

Mission Thanksgiving, Jimmy Brought Fitness Center

Nov. 26

Thanksgiving Dinner at Rocco Dining Facility, 12-2 p.m.

Nov. 26

Thanksgiving Day Brunch, 10 a.m.-1 p.m., Sam Houston Club

Dec. 2

Holiday Tree Lighting Ceremony, 6-8 p.m.

Dec. 3

Warrior and Family Support Center Anniversary Celebration

Dec. 5

U.S. Army Medical Command Band holiday concert, 7 p.m. at the Jimmy Brought Fitness Center

Dec. 5

Hearts Apart support group, 1-3 p.m. at Army Community Service, Bldg. 2797

Dec. 8

Windstar Casino Trip, leave Sam Houston Club at 7 a.m. to Thackerville, Okla.

Dec. 8

Combined Quarterly Town Hall meeting, 6-7:30 p.m., 407 Dickman Rd.

Dec. 10

Commanders Training, 8-10 a.m., Army Community Service, Building 2797

Dec. 11

Army Medical Department and Garrison Holiday Ball

Rocco Dining Facility Menu

Building 2745, Schofield Road

Friday – Nov. 27

Lunch – 11 a.m. to 1 p.m.

Beef pot pie with biscuits, southern fried catfish, shrimp scampi, barbecued spareribs, macaroni and cheese, steamed rice, parsley buttered potatoes, pinto beans, fried cabbage, baked parmesan tomato halves, yellow squash

Dinner – 5 to 7 p.m.

Barbecued roast pork loin, country-fried steaks, chicken cordon bleu, roast pork, red beans and rice, scalloped sweet potatoes, parsley new potatoes, turnip greens, black-eyed peas, carrots

Saturday – Nov. 28

Lunch – noon to 1:30 p.m.

Beef lasagna, vegetable lasagna, meatballs with marinara sauce, breaded pork fritters, mashed potatoes, spaghetti noodles, rice with parmesan cheese, wax beans, stewed tomato and okra, peas and carrots

Dinner – 5 to 6:30 p.m.

Savory baked chicken, pepper steak, grilled salmon patties, parsley buttered potatoes, macaroni and cheese, brown rice, cauliflower and carrots, pinto beans, corn on the cob

Sunday – Nov. 29

Lunch – noon to 1:30 p.m.

Yankee pot roast, chicken stir-fry, breaded pork fritters, hot spiced applesauce, hopping john rice, steamed rice, new potatoes, French-style green beans, beets in orange-lemon sauce, yellow squash

Dinner – 5 to 6:30 p.m.

Country fried steaks, sweet and sour chicken, Salisbury steaks, onion-lemon baked fish, broccoli quiche, steamed rice, mashed potatoes, black-eyed peas, asparagus, fried cabbage

Monday – Nov. 30

Lunch – 11 a.m. to 1 p.m.

Meat loaf, chicken and Italian vegetable pasta, barbecued chicken, Barlow's blackened catfish, baked ham with pineapple sauce, garlic lemon roasted potato wedges, fresh baked sweet potato halves, macaroni and cheese, carrots, French-fried okra, pinto beans

Dinner – 5 to 7 p.m.

Beef lasagna, vegetable lasagna, stuffed cabbage rolls, veal parmesan, chicken cordon bleu, O'Brien potatoes, parsley tri-colored noodles, spaghetti noodles, peas and carrots, stewed tomatoes, broccoli

Tuesday – Dec. 1

Lunch – 11 a.m. to 1 p.m.

Chicken fajitas, beef enchiladas, cheese enchiladas, Swedish meatballs with brown gravy, breaded pork chops, seasoned wild rice, rissole potatoes, baked potatoes, corn on the cob, refried beans with cheese, zucchini squash

Dinner – 5 to 7 p.m.

Beef fajitas, teriyaki baked chicken, broccoli quiche, Creole macaroni, Italian rice and beef, mashed potatoes, Spanish rice, baked potatoes, spinach, wax beans, French-fried okra

Wednesday – Dec. 2

Lunch – 11 a.m. to 1 p.m.

Turkey stuffed cabbage rolls, chicken pot pie with biscuits, baked ham with pineapple sauce, grilled knockwurst, grilled liver and onions, baked sweet potato halves, home fried potatoes, macaroni and cheese, German sauerkraut, cauliflower and cheese sauce, broccoli combo

Dinner – 5 to 7 p.m.

Szechwan chicken breast, breaded veal steaks with mushroom gravy, grilled pork chops, roast beef, vegetable stuffed peppers, cottage fried potatoes, rice pilaf, baked potatoes, green beans, corn, Creole squash

Thursday – Dec. 3

Lunch – 11 a.m. to 1 p.m.

Cantonese spareribs, beef and broccoli, chicken gyros, roast pork loin, cheese ravioli, steamed rice, fried rice, oven glo potatoes, asparagus, vegetable stir fry, lima beans

Dinner – 5 to 7 p.m.

Baked tuna and noodles, sweet and sour chicken, beef stir fry, spicy baked fish, cheese tortellini, brown rice, mashed potatoes, baked potatoes, mixed vegetables, stewed tomatoes, fried cabbage

Menu are subject to change without notice



Religious Briefs

Ministry Team Orientation, Training Luncheon

The 1101 Crossroads Congregation located at Army Medical Department Chapel invites the community to a Ministry Team Orientation and Training Luncheon Dec. 6, 12:30-3 p.m. at the Harris Heights Community Center. Opportunities to learn more about current and upcoming ministry team programs will be highlighted. Everyone is welcome to attend. For more information, call 271-3661 or e-mail

wafford1@aol.com.

Cadence youth program

Cadence Responding to God's Call is a Fort Sam Houston Youth Ministry program for children sixth to 12th grade. This ministry is ecumenically based and focuses on faith development, fellowship and fun. The middle school group meets Tuesdays from 4-5:30 p.m. and the high school group meets Wednesdays from 7-8:30 p.m. at Dodd Field Chapel, Room 146. There are also monthly and quarterly activities for youth and Families. Call 221-5943 or e-mail FortSamYouth@aol.com.

Journey to Bethlehem volunteers needed

Journey to Bethlehem is an exciting Christmas activity host-

ed by the Fort Sam Houston Chapel Community on the grounds of the Main Post Chapel Dec. 17-19, 5:30-8:30 p.m. We invite all members of our community to join us for an interactive experience of what Bethlehem Village might have been like around the time of Jesus' birth. Planning and training has started and but it takes many volunteers to make this event successful. We need your help. If you would like to help, call 221-5006 or e-mail wafford1@aol.com.

Traditional Samoan Christmas Eve Service

A Traditional Samoan Christmas Eve service will be held Dec. 24 at 7 p.m. at Dodd Field Chapel.

For Sale Fort Freebies

For sale: Noritake china, Spring Song pattern, seven-piece setting, includes three plates, two bowls, and cup and saucer, six place settings, serving platter, creamer, and sugar bowl included, total of 45 pieces, \$150. Call 495-2296.

For Sale: Kenwood audio receiver, Sony five-disc CD player and two Infinity floor speakers, solid oak stereo cabinet, with glass-accented door, all in excellent condition, \$200 for all. Pictures available upon request. Call 545-5634.

For Sale: Ashley "Cottage Retreat" twin-size sleigh bed with mattress and box spring, \$250; 18-inch boys bike, \$25; 12-inch girls bike, \$10. Will take offer on all items. Call 666-2455 or 830-330-0444.

For Sale: Dinnerware for four, plus serving tray, carafe, lots of accessories, \$35; Wii games, Walt Disney's cars, Burnout racing, Madden 2003, \$10 each; PC games, Jumpstart Music, Spanish, Sims games, Racing games, other education games, \$5 each; VHS videos, The Spirit of

Mickey Mouse, The Best of School House Rock, 101 Dalmatians. Call 697-9261.

For Sale: Mahogany computer desk, like new, \$70; leather swivel chair, \$35; Craftsman 22-inch lawnmower, \$50; Craftsman electric edger, \$40. Call 262-3892.

For Sale: Two counter height compact refrigerators, approximate dimensions are 34 inches high by 20 inches deep by 20 inches wide, \$120 retail value, asking \$49 obo each. Call 659-6741.

For Sale: Washer and dryer, \$80 each; computer desk, \$35; entertainment center, wood, 8 feet by 4 feet, \$90; exercise bike, \$10; Christmas tree and lights, \$20; leather jacket, new, size PM, \$50. Call 241-1291.

For Sale: Wood grain entertainment center, 6 feet high by 5 feet wide by 17 inches deep, \$150; sofa sleeper and loveseat, earth tones, \$225 obo; baby crib, needs refinishing, \$25; Replogle Hastings table-top globe, \$30. Call 371-7833.

For Sale: 1983 Winnebago mobile home, sleeps five, kitchen and bath, a/c, diesel, needs minor maintenance, \$2,500 obo, washer and dryer, \$175. Call 227-9017.

For Sale: Step 2 green wagon, \$35 firm; sturdy wood coffee table, \$95; Kid Kaboose bike trailer, \$50; Cardiogliders, new, \$175; pet house, \$175 obo. Call 633-2247.

For Sale: Female Pekinese, 2 years old, frosted coat, \$375; bass four-string guitar with amplifier, \$700; framed Korean flag, \$150; tap and ballet shoes. Call 633-3859.

For Sale: Harley Davidson motorcycle with training wheels, red, ages 1-4 years old, new battery, \$50; Tahoe cargo security Shade, like new, \$65; 4-foot truck bed extender, \$225; Stetson brown felt hat, size 7, \$75; stroller, \$12. Call 221-2690.

For Sale: 1962 Chevy Nova, four-door, new parts, engine runs, \$1,200 obo; power washer, 2350 psi, 6.5 hp, new condition, \$150; 80-gallon air compressor, \$875; antique Honda project motorcycle, \$300 obo; white metal truck bed tool box, \$100. Call 440-5062.

Yard Sale: Nov. 28 from 8 a.m.-1 p.m. 709 Richfield Dr. in Windcrest. Various items for sale.

To place a Freebie ad, e-mail news.leader@conus.army.mil or fax 221-1198.